

The Merging of Humanistic Psychology and Progressive Politics with an Application to the Dangerous Leadership and Rhetoric of President Donald Trump: Part 2

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Introduction

In part 1 of this article (Benjamin, 2018/2019), I gave a rationale for the merging of Humanistic Psychology and progressive politics, utilizing statements from a number of humanistic psychologists over the course of nearly half a century, and concluding with the present state of affairs in the United States and the world. One of these representative statements was by Carl Rogers in the late 1970s, toward the end of his career, as he demonstrated his ‘shift’ about realizing that he needed to speak out in the political arena:

I have never before spoken out on the broad spectrum of social issues which face our society. Now, however, I believe our culture is facing a life and death crisis on many fronts, and that I have an obligation as a citizen to speak out. I am frightened about our destiny as a people, as a nation. So I want to take as clear a stand as I can on a variety of issues. I recognize very well that I am no expert in most of the fields I shall mention, but I shall simply voice the attitudes and views of one deeply concerned person (Rogers, 1986, p. 24)

I concluded part 1 of this article as follows:

It is precisely this kind of political protest and advocacy work, in a peaceful context, that is

consistent with the basic values of Humanistic Psychology, that I will discuss later in part II of this article, in relation to my political/psychology work that I have previously described (Benjamin, 2017a, 2017b, 2017c, 2018a, 2018b) in what has been referred to as the ‘the Resisting Trump movement’. However, I would like to first take a look at the impact of politics on mental health in the current political climate in the United States, under the leadership and dangerous rhetoric of President Donald Trump. I will return to this in part II of the article, in the summer 2019 issue (magazine number 3). (Benjamin, 2018/2019, p. 10)

However, in this, the second installment of this article, before discussing the impact of politics on mental health in the present political climate of the United States I will first discuss why President Trump’s rhetoric is especially dangerous, and may very well have led to significant increases in violence.

Trump’s Dangerous Rhetoric May Have Led to Significant Increases in Violence

There is concerning supportive evidence for my characterization of President Trump’s rhetoric as ‘dangerous’. First off, the Federal Bureau of Investigation’s November report of 2018

indicated a 17 per cent increase for 2017 in hate crimes, with nearly 60 per cent of these hate crimes tied to race.¹ Furthermore, a statistical analysis published in 2019 found that there were over three times as many hate crimes in 2016 in United States counties where President Trump hosted a campaign rally, in comparison to counties where he did not host one (Folley, 2019). And in the book *The Constitution Demands It: The Case for the Impeachment of Donald Trump* (Fein et al., 2018), the following material about Trump's rhetoric is included, which I find particularly disturbing in relation to the above FBI 2017 hate crimes statistics:

Since entering office, Trump has urged police to be 'rough' with suspects, given aid and comfort to neo-Nazis and other white supremacists, and suggested that the military should commit war crimes against Muslims. On July 28, 2017, in a speech to police officers, Trump openly encouraged police to be 'rough' with people they arrest. (p. 97)

A survey of more than 10,000 K-12 educators by the Southern Poverty Law Center found that the 2016 presidential election led to increases in 'verbal harassment, the use of slurs and derogatory language, and disturbing incidents involving swastikas, Nazi salutes and Confederate flags' with 'over 2,500 educators describing specific incidents of bigotry and harassment that can be directly traced to election rhetoric' (p. 101).

A peer-reviewed epidemiological study of the 2016 election found that cities experienced a 12-percent increase in assaults on days when Trump held a rally, as compared to days when there was no campaign rally. (p. 101)

The Southern Poverty Law Center (SPLC) has conveyed the following alarming statistics and scenarios about hate crimes:

There has been a 30 percent increase in the number of hate groups over the last four years – with a 7 percent increase in 2018 alone... a staggering 1,020 organizations as hate groups. This number represents a 20-year high... the SPLC attributes this increase to Trump, right-wing media, and the viral spread of hate via social media platforms.... Trump's entire political career has been based on stoking fear of

the other and tapping into white outrage over an increasing browning of America.... Trump is not only a polarizing president, but also one that is responsible for radicalizing racists and motivating them to action. 'Rather than trying to tamp [sic?] down hate, as presidents of both parties have done, President Trump elevates it – with both his rhetoric and his policies. In doing so, he's given people across America the go-ahead to act on their worst instincts.' (Macias, 2019)

President Trump has opened the White House doors to extremism, not only consulting with hate groups on policies that erode our country's civil rights protections but enabling the infiltration of extremist ideas into the administration's rhetoric and agenda.²

All this material is consistent with the findings in the article 'A quantitative approach to understanding online antisemitism' (Finkelstein et al., 2018), which found that the frequency of antisemitic content on alt-right web communities significantly increased in 2017 after Trump's inauguration, after Trump's travel ban was partially reinstated in a Supreme Court decision, and after the Charlottesville Unite the Right rally.

Furthermore, it appears that undocumented immigrant victims of hate crimes are now less likely to report the crimes against them, due to their fears of being deported. For example, according to police in Houston, Texas, crimes reported by Latinos have fallen by more than 40 per cent in the first three months of 2017 compared to the previous year (Sutherland, 2019). And it is especially concerning to me that Trump's dangerous rhetoric may be related to the March, 2019 horrific and deadly attack on worshipers in two mosques in New Zealand (Sumner, 2019a):

Trump and the shooter are both working from the *same* sources, and both coming up with the same answers. Here's what Donald Trump has said [during his 2016 presidential campaign]... 'I think Islam hates us.... If you have people coming out of mosques with hatred and death in their eyes and on their minds, we're going to have to do something.... You have to deal with the mosques, whether we like it or not, I mean, you know, these attacks aren't coming out of – they're not done by Swedish people.'.... And

that's just on the subject of mosques. It doesn't touch on the *hundreds* of times that Trump has rallied against immigration, or called non-whites entering the country 'an invasion'. In fact, that's exactly how Trump began his campaign, by painting immigrants as 'rapists' and 'criminals'. And, of course, it's the theme behind his attempted multi-billion dollar theft to build his wall. (original italics)

Sumner continues:

'Invasion' is the language of violence. It's a term that so heightens the threat that it licenses 'good patriots' to do *anything* in response. 'Enemies of the people' is the language of violence. And certainly warning people that he has tough guys... ready to do bad things to his opponents is the language of violence. Donald Trump has advocated for beating up protesters, for greatly expanding the death penalty, and for taking away children as a means of controlling their parents. These are dehumanizing statements that generate inhuman responses.... What makes Trump 'a symbol of renewed white identity and common purpose' for the shooter is the same thing that speaks to these Arizona voters featured in a *National Review*... article.... A 'good, solid community' being one without immigrants. That's what many voters hear when they listen to Donald Trump. It's what racists hear around the world. (pp. 3-4) (original italics)

Finally, in April, 2019 Trump engaged in a tweet and video that associated the 9/11 terrorist attacks with a statement made by congresswoman Ilhan Omar related to what she perceived as the unfair targeting of Muslims, that has resulted in an increase in death threats against Omar (Williams, 2019).

The Impact of Politics on Mental Health under the Dangerous Leadership and Rhetoric of President Donald Trump

There has been a good deal of concern voiced by mental health practitioners in the United States that we are witnessing significant detrimental effects on the mental health of a large segment of the US population, directly related to our present political climate under the dangerous leadership and rhetoric of President Donald Trump (Haverluck,

2018). An example of this can be seen from the following concerns expressed by Washington D.C. Counseling and Psychotherapy Center founder Elisabeth La Motte (ibid.):

From Trump supporters, La Motte hears about the pain of 'feeling socially or familially isolated' for supporting the president's agenda, 'even if they don't support his tactics'.... From Trump's detractors, La Motte has been struck by how much their anxieties resemble those of patients raised by a parent with a personality disorder – someone who would display traits like 'grandiosity, excessive attention-seeking and severe lack of empathy'. LaMotte then went as far as to compare Trump with a mentally abusive parent. (p. 3)

The term 'Trump Anxiety Disorder' has been described as follows (Haverluck, 2018):

In a 2017 essay for a book co-edited by psychiatrists from Harvard Medical School and the Yale School of Medicine, clinical psychologist Jennifer Panning of Evanston, Ill. called the condition 'Trump Anxiety Disorder', distinguishing it from a generalized anxiety disorder because 'symptoms were specific to the election of Trump and the resultant unpredictable sociopolitical climate.... Though not an official diagnosis, the symptoms include feeling a loss of control and helplessness, and fretting about what's happening in the country and spending excessive time on social media.' (p. 3)

The proportion of Americans that the symptoms of Trump Anxiety Disorder is affecting appears to be growing at an alarming rate (Haverluck, 2018):

Mental health professionals at the American Psychological Association (APA) revealed in its *Stress in America: Coping with Change* report that it has the numbers to demonstrate that Trump is driving the nation into a mental crisis. 'Two-thirds of Americans say they are stressed about the future of our nation – including a majority of Democrats and Republicans', an APA press release issued last year revealed. 'More than half of Americans (57 percent) say the current political climate is a very or somewhat significant source of stress, and nearly half (49 percent) say the same about the outcome of the election.'.... APA Executive Director for Professional Practice Katherine C. Nordal, Ph.D., says the so-called epidemic in America over Trump and his politics

is virtually unavoidable. ‘The stress we’re seeing around political issues is deeply concerning, because it’s hard for Americans to get away from it.’ Nordal stated in the press release: ‘We’re surrounded by conversations, news and social media that constantly remind us of the issues that are stressing us the most.’ She... [emphasized] that APA has witnessed ongoing stress centered around politics, with the poll indicating that more and more Americans are saying their stress levels are increasing over terrorist acts, threats to their own personal safety and police violence against minorities. (pp. 4–5)

In the context of their book chapter entitled ‘Humanistic and existential approaches in the treatment of PTSD’ (Krippner & Pitchford, 2018), Stanley Krippner and Daniel Pitchford starkly described the following disturbing situation:

We are accessing this context to demonstrate a real-world example that can show very specific behaviors that have led thousands of people to have high emotional and behavioral reactions to the actions and, ultimately, the final result of the 2016 presidential election. In this case, we discuss Donald Trump. Trump’s behaviors during the campaign (e.g. misogyny, and ethnic bigotry, prejudice, and discrimination), and his subsequent success, have ignited and perpetuated feelings and beliefs characterized by fear of and hostility toward particular groups, and major shifts in beliefs and perspectives that reveal potentially significant challenges people could face as a result of the disruption of a particular worldview.... Specifically, the demonstrated threats to human rights and civil liberties have raised disturbing challenges for many American citizens and undocumented immigrants in the form of deep concern at being led and governed by an individual who does not promote public safety, equality, and human dignity in language and behavior. (pp. 175–6)

I believe that the above descriptions of the concerns about the political impact on the mental health of a significant number of Americans, that is directly related to the dangerous leadership and rhetoric of President Donald Trump, is consistent with the descriptions of the dire state of affairs that much of the whole world is currently in, as illustrated in the statements by a number of humanistic psychologists, as described in part 1 of this article (Benjamin, 2018/2019). And I also

believe that a significant factor in this detrimental mental health phenomenon in the United States is directly related to the questionable mental health of President Trump himself, as strikingly described in terms like malignant, pathological, hedonistic, and narcissistic by a number of well-respected psychiatrists and psychologists in the book *The Dangerous Case of Donald Trump* (Lee, 2019).

In the following section I will review some of my work in the Resisting Trump movement, keeping in mind the urgency of what the authors in this section and part 1 of this article (Benjamin, 2018/2019) have described in regard to the importance of infusing progressive politics into Humanistic Psychology.

My Work in the Resisting Trump Movement

Based upon the very concerning descriptions given by the authors in the previous section and part 1 of this article, I will now review some of my work in the Resisting Trump movement that has had the goal of both improving the mental health of a significant number of Americans, as well as changing the course of human and environmental destruction that I believe we are headed for under the present dangerous leadership and rhetoric of President Donald Trump. I believe that my own extremely negative reactions to our president are completely warranted from the perspective of my dedication to the core values of Humanistic Psychology, but to be candid and transparent I will also acknowledge that Trump’s extreme ‘macho’ image and ‘tough masculine’ demeanor and rhetoric do stimulate some ghosts from my past in regard to my own masculinity issues; and perhaps my intensive negative reaction to Trump is intensified even more so because of this. The following passage from my 2012 essay ‘Masculinity, politics, and tennis: an integrated experiential perspective’ (Benjamin, 2012) gives a glimpse of my vulnerabilities in this regard:

My story goes back to my own high school days, when I tried to live up to the ‘normal’ version of masculinity prescribed by America in the 1960s for a 15-year-old boy. Perhaps this is why Mitt Romney’s [2012 Republican presidential

candidate] cruel hair-clipping [teenage] episode had an especially strong effect on me. I grew up with an artistic nature that did not fit into the stereotype of American masculinity for a teenage boy growing up in the 1960s – or today for that matter. When I tried to ignore my nature and become part of a group of ‘normal’ aggressive masculine teenage boys during one of my summer camp engagements, I was mercilessly made fun of and stigmatized, and I was left with a traumatic experience that stayed with me my whole life. This occurred 47 years ago, and although in many ways I have risen above my traumatic teenage masculinity experience, my deeper organism hasn’t forgotten it, as became painfully clear to me a few days ago during my competitive tennis tournament. (p. 2)

However, I have been working through my masculinity issues with the help of my mindfulness meditation practice (Benjamin, 2019a; Kabat-Zinn, 2005), and there is no doubt in my mind that my concerns about the dangers to the United States and the world from the discriminatory and volatile rhetoric and actions of President Donald Trump are both legitimate and far too real. In this regard, the following is a representative excerpt and the conclusion from a political/psychology Resisting Trump article that I published in 2018 (Benjamin, 2018b) soon after the United States mid-term elections, in which I discussed my continually evolving perspective on impeaching Trump³ (Benjamin, 2018c, 2018d, 2019b):

I now believe, based upon the results of the midterm elections in which the Democrats took over the House of Representatives... that actually removing Trump from office is not feasible, and to attempt to do so in Congress is not the most effective course of action to take to reduce what I perceive as Trump’s program of destruction. But this does not change what I believe is the moral and ethical responsibility of all conscious Americans to make their best efforts at conveying that the tremendous danger of the United States president we now have to live under is completely antithetical to our democracy. I also believe that making these efforts loud and clear, whether it is through participating in protests and demonstrations, writing progressive articles about the destructive program of President Trump, running for political office, etc., are the most effective ways of building progressive bridges and Resisting Trump, and is consistent

with the core principles of humanistic psychology that promote genuine, empathic relationships between human beings.

In this regard, I have written a draft for a statement entitled Trump’s Instigation of Hate Issues, which I discussed during a recent conference call of the APA Division 32 Humanistic Psychology Task Force on Hate Issues group that I have been a member of for the past 15 months. The upshot is that I will be presenting a summary of my statement... at the Society for Humanistic Psychology conference in Oregon in March, 2019.... Furthermore, I had submitted a proposal entitled Creative Maladjustment, Impeaching Trump, and Humanistic Psychology to present at this conference as well, though if this proposal gets accepted I will need to rework my presentation on impeachment to accurately reflect my current views.... I have had lots of setbacks in my work to Resist Trump, but I eventually dust myself off and get back to my work. For the situation is just too drastic for me to stop trying.... The 2018 midterm elections were encouraging to me, as the Democrats took over the House and I believe that there will now be at least some significant checks on what I perceive as Trump’s program of destruction, as well as some serious investigations into Trump’s ‘impeachable offenses’^[4].... This is being significantly reinforced by the Indivisible movement now including offense and oversight strategies to initiate new progressive legislation and committee investigations of some of the most serious of Trump’s lawless activities^[5].... And in conclusion I will say once again that I believe the debacle of Donald Trump negates the core values of empathy and authenticity that humanistic psychology stands for, and consequently as a humanistic psychologist I will continue to convey my perspective on this to whomever is willing to hear what I have to say. (Benjamin, 2018b, p. 1321)

As it turned out, my individual proposal, along with the Division 32 Task Force on Hate Issues proposal, was accepted for presentations at the March 2019 Society for Humanistic Psychology conference, and in the title of my presentation I changed ‘Impeaching’ to ‘Resisting’, to both reflect my views at that time, as well as avoid possible language conflicts related to the conference guidelines. Both my presentations were received very well, and I focused upon relating my

experiences in the Resisting Trump movement to the core principles of Humanistic Psychology involving empathy and authenticity,⁶ via Martin Luther King's ideas about 'creative maladjustment', as he passionately conveyed in his keynote address to the 1967 American Psychological Association Convention in Washington, D.C. (Reeves, 2012):

Modern psychology has a word that is probably used more than any other word in modern psychology. It is the word 'maladjusted'. . . . There are certain things in our nation and in the world which I am proud to be maladjusted. . . . I say very honestly that I never intend to become adjusted to segregation and discrimination. I never intend to become adjusted to religious bigotry. I never intend to adjust myself to economic conditions that will take necessities from the many to give luxuries to the few. I never intend to adjust myself to the madness of militarism, to self-defeating effects of physical violence. . . . In other words, I'm about convinced now that there is need for a new organization in our world. The International Association for the Advancement of Creative Maladjustment. . . . Through such maladjustment, I believe that we will be able to emerge from the bleak and desolate midnight of man's inhumanity to man into the bright and glittering daybreak of freedom and justice. (p. 2)

In a commentary on King's ideas about creative maladjustment, Reeves (2012) made the following remark, which strikingly resonates with me in regard to the current Trump-induced political turmoil that we are in the midst of in the United States:

The power of maladjustment... the choice to not adjust to what is wrong or broken even if it invites others to call you crazy.... It is actually crazy to adjust when you know that what you are adjusting to does not live up to the best of who you are. It is the maladjusted who lead. It is the maladjusted who change the world. (pp. 2-3)

This comment made in 2012 resonates very strongly in me today, as I believe it is absolutely necessary to be creatively and constructively 'maladjusted' to the disastrous dangers to both the United States and the world from the presidency of Donald Trump.⁷ These disastrous dangers cover the gamut from environmental catastrophe via climate

change (Wallace-Wells, 2017) to nuclear war precipitated by war with Iran and/or North Korea (McKean & Granfield, 2018; Sumner, 2019b; Ward, 2019). And it is inclusive of Trump's heart-breaking 'family separation' treatment of immigrants fleeing the horrors of violence and death in their home countries, which I believe is the antithesis of Humanistic Psychology's core principles of compassion and empathy, and is the ninth 'impeachable offense' on the Need to Impeach website.⁸

However, I am afraid that the present overwhelmingly diverse array of Democratic 2020 presidential candidates is fraught with dangers of dividing the Democratic electorate between its progressive minority/millennial and moderate centrist components, no matter who the 2020 Democratic presidential candidate ends up being, which could actually lead to the nightmare of Donald Trump having another four years to continue in his mission of destruction (Ball & Elliott, 2019; Benjamin, 2019c; Yosef 52, 2019a). So what are the possible optimistic scenarios and constructive actions that I can take here?

Since the 2018 mid-term elections, I have participated in every monthly national Indivisible conference call, and all four protest demonstrations in Bangor, Maine, sponsored largely by the Indivisible movement.⁹ My two most recent protest demonstrations were protests against Attorney General Barr not releasing the full Mueller report to Congress and the public (Mazzetti & Benner, 2019; Quinn, 2019), and Trump's declaring a national emergency to build his wall (Clawson, 2019; Werner et al, 2019), which I helped coordinate through my communications with the Indivisible groups in Bangor and Bar Harbor and listing myself as the contact person and organizer on the Indivisible site, and which was filmed by two local television stations.

When I learned that my Maine congressman representative, Jared Golden, was one of only two Democratic representatives in the House to vote against HR8, the gun safety expanded background checks bill, I contacted the Indivisible groups in Bangor and Bar Harbor, volunteering to coordinate a group to visit with Golden's staff to convey our disappointment with his vote. However, I felt

discouraged with the lack of interest in doing this in either Indivisible group, but I conveyed my same request to the gun-control advocacy group Everytown for Gun Safety. The upshot was that I had a productive telephone conversation with the Maine Chapter Lead for the organization Moms Demand Action for Gun Sense in America, as both these organizations are taking action against Golden and other House representatives who voted against HR8.¹⁰ The Maine Chapter Lead and I made tentative plans to try to arrange an in-person meeting with Golden, and invite local members of Moms Demand Action and Indivisible to join us at the meeting.

I conveyed my concerns about Golden's HR8 vote as part of a monthly Bangor Civic Engagement meeting with Golden's Bangor staff members, and requested a meeting about this with Golden during the June 2019 recess. The meeting with Golden's staff members was comfortable and productive for me, as everyone there, including myself, felt able to voice our various concerns, questions, and requests regarding Golden's activities in Congress related to Trump's policies and rhetoric. However, a few weeks later Golden's staff member in charge of scheduling his meetings conveyed to me that Golden was 'not available', and offered to schedule a meeting for me with other staff members. I declined his offer, and the Maine Chapter Lead subsequently conveyed to me that she is not interested in pursuing the issue at this time.

I felt encouraged that Democratic House speaker Nancy Pelosi, after having successfully overcome Trump in his 35-day government shutdown, brought the resolution to block Trump's emergency declaration to build his wall to a successful vote in the House, which was subsequently also passed in the Senate (Clawson, 2019; McCarter, 2019). However, as expected, Trump vetoed the resolution, and Congress was not able to garner the two-thirds vote needed to overturn Trump's veto (Martin, 2019). But I think that the Congressional vote against Trump's emergency resolution was the right thing to do, and it at least forced Republican senators to take a stand, as it publicized some Republican criticism of Trump, as twelve Republican senators voted to block Trump's emergency declaration, the day after the Senate voted to end aid to the Saudi Arabian war in

Yemen, again defying Trump – although Trump vetoed this resolution as well (Werner et al., 2019). This goes along with an apparent gradual weakening of public support for Trump from independents, and even from his own base (Bump, 2019; Coaster, 2019). And there is now a growing national interest in impeachment, which is currently being debated in the House, spurred on by the (redacted) April 2019 Mueller report (as well as Mueller's brief follow-up public statement) that found a number of concerning events indicating that Trump appears to have repeatedly obstructed justice – although it stopped short of indicting Trump criminally (Benjamin, 2019b; Cilliza, 2019; Coaster, 2019; Megerian, 2019; Nichols, 2019; Shabad, 2019; Sumner, 2019a; Tribe, 2019).¹¹

I was glad to see that the House Oversight Committee, now under the progressive Democratic leadership of chairman Elijah Cummings, listened to three days of testimony from Trump's former personal lawyer, Michael Cohen, with perhaps some detrimental political fallout for Trump.¹² I was also glad to see that the House unanimously voted to urge the Justice Department to release the upcoming (at that time) full Mueller report to Congress and the public (Demirjian, 2019). And I was especially glad to see Mueller's public statement that reinforced his report in regard to Trump not being 'exonerated' for obstruction of justice.¹³

Conclusion

In conclusion, under the current dangerous leadership and rhetoric of US President Donald Trump, the destructive effects on the mental health of much of our country's population are becoming increasingly apparent. Furthermore, President Trump's various political activities, especially inclusive of his dangerous rhetoric, may very well have led to significant increases in violence, and they run completely counter to the basic values of Humanistic Psychology that promote genuine, empathic relationships between human beings. It is particularly concerning to me that President Trump's dangerous leadership and rhetoric appear to be directly related to the alarming increase in

hate crimes that we are presently witnessing in the United States.

I will end this article by repeating the following words of Carl Rogers (1986, p. 24), which I can very much relate to:

I have never before spoken out on the broad spectrum of social issues which face our society. Now, however, I believe our culture is facing a life and death crisis on many fronts, and that I have an obligation as a citizen to speak out.

Notes

- 1 See the following FBI websites for detailed information about the increase in hate crimes statistics: <https://tinyurl.com/y7sdt7j>; and <https://tinyurl.com/yywswpq9>.
- 2 See the SPLC website on hate crimes at <https://tinyurl.com/y2es8cz7>.
- 3 In the light of the (redacted) Mueller Report (see <https://tinyurl.com/yxnmd58z> for the written Mueller report, <https://tinyurl.com/y2rf5233> for the audio of the Mueller report, and <https://tinyurl.com/yy29dqtp> for the full transcript of Mueller's public statement) with its extremely alarming numerous accounts of President Trump's obstructions of justice, along with President Trump's recent continuous obstructions of justice to try to prevent the testimonies of key witnesses, including Mueller himself, as well as the Congressional viewing of the full (unredacted) Mueller Report, I have re-evaluated my perspective on impeachment, and I am now essentially in favor of initiating impeachment proceedings (see Benjamin, 2019b; Coaster, 2019; Harris, 2019; Megerian, 2019; OAN Newsroom, 2019; Sumner, 2019a; and Tribe, 2019).
- 4 See the Free Speech for People website at www.freespeechforpeople.org and the Need to Impeach website at www.needtoimpeach.com for a description of ten of Trump's Impeachable Offenses.
- 5 See <http://indivisibleguide.com> for a description of the basic principles and tactics of the Indivisible movement, inclusive of their Offense and Oversight strategy as a result of the 2018 Mid-term elections.
- 6 I am also giving similar Resisting Trump and Humanistic Psychology presentations in Chicago and London in 2019.
- 7 See Yosef 52 (2019b) for an extremely impactful description of why it is absolutely essential to be what can be interpreted as 'creatively and constructively maladjusted' to the Trump fiasco. And in this regard, see Prokop et al. (2019) for a rejuvenating description of the ten new Democratic House committee chairs who are in charge of investigating Trump's corruption in office, and SemDem (2019) for a refreshing optimistic perspective on a number of 'beneficial' consequences from the presidency of Trump.
- 8 The 9th impeachable offense listed on the Need to Impeach website (cf. [4]) is Violating Immigrants' Right to Due Process.
- 9 See note 5.
- 10 See the *Bangor Daily News* article 'Gun control group targets Representative Jared Golden', by Alex Acquisto (2019); available at <https://tinyurl.com/y4yetkh4>.
- 11 The increased momentum in the impeachment movement can be seen initially from the March 2019 mainstream article in *The Atlantic* entitled 'Impeach Donald Trump' (Appelbaum, 2019), and subsequently from House Judiciary Committee Chairman Jerry Nagler's (thus far attempted – see Note 3) far-reaching investigations into Trump's possible obstruction of justice, abuse of power, and corruption (see Collinson (2019). There is currently an impeachment resolution that has been introduced in the House, which is supported by a number of the 2020 Democratic presidential candidates and members of Congress (Nichols, 2019; Shabad, 2019); see also Benjamin, 2019b; Coaster, 2019; Harris, 2019; OAN Newsroom, 2019; Sumner, 2019c; Tribe, 2019; see Note 3; and see Megerian (2019) for an analysis of Mueller's public statement.
- 12 See <https://tinyurl.com/yygvmwf4> for Michael Cohen's opening statement to the House Oversight Committee.
- 13 See notes 3 and 11.

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